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THE FORMER KING OF LATE NIGHT RETURNS AFTER A TWO-DECADE HIATUS

PAGE 9

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Banjo Bowl bummer for Riders

The Saskatchewan Roughriders' Kory Sheets breaks a tackle by the Winnipeg Blue Bombers' Ian Wild during the first half of their game in Winnipeg on Sunday. The Riders lost 25-13. JOHN WOODS/THE CANADIAN PRESS

Blue Bombed.

Winnipeg upsets Saskatchewan 25-13 for team's first home win of the season

The Winnipeg Blue Bombers not only finally won at Investors Group Field, they did it by smothering the league's leading offence with a 25-13 defensive upset of the Saskatchewan Roughriders Sunday.

The Riders couldn't score a touchdown and were held to a single point in the second half.

Quarterback Darian Durant was sacked eight times as the Bombers fed off 33,500 screaming fans in what is known as the Banjo Bowl, a followup to the Labour Day weekend game the teams play.

Saskatchewan won that one 48-25 last Sunday.

"I took my headset off a few times just so I could just relish the crowd noise," said a smiling head coach Tim Burke.

After the game, the Bombers announced they had traded veteran quarterback Buck Pierce to B.C. for non-import receiver Akeem Foster.

They said Pierce, who has been on the injured list for much of this season, wouldn't be available until Monday to discuss the move back to the team he left to join Winnipeg in 2010.

They might not have wanted the news to overshadow what was for the struggling team (2-8) a major accomplishment as it tries to rescue this season.

"When you're playing against the No. 1 team in the league and defensively we come out and play like that, it just speaks (volumes) about what we can do as a defence," said cornerback Jovon Johnson.

"I said this on Week 2, this could be one of the best defences in the league if we just stick together and play, and we showed that tonight man," said Demond Washington, who recovered a fumble and had one of Winnipeg's sacks.

Will Ford and quarterback Justin Goltz scored touchdowns for the Bombers, while Sandro DeAngelis added a field goal and picked up a single on a miss.

It was a complete reversal of last week's 48-25 loss in Regina with the Riders' (8-2) only points coming from four Chris Milo field goals and a single.

THE CANADIAN PRESS

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Philippines-trained dentist stumbles on sound advice

While most people don't find comfort in old magazines in their dentist's waiting room, that wasn't the case for Dr. Rosemarie Sia. The newcomer to Canada stumbled on sound financial advice while flipping through a periodical at the clinic where she volunteered.

"Even magazines on the coffee table have their purpose," laughs Rosemarie, a foreign trained orthodontist who knows every facet of a dental practice. In her case, she noticed an ad for the ***Scotiabank StartRight***® Program[1] and the phone number for Melinda Manlapaz, a fellow Filipino and Branch Manager at Toronto's Lawrence and Birchmount Branch.

Rosemarie's discovery was part of her improving luck, following mixed experiences since coming to Canada. She arrived one month earlier to realize that her job search would be harder than expected. She also saw how tasks like apartment hunting and banking aren't easy in an unfamiliar country.

"It was hard, but I was focused on making this change to give better opportunities to our children," recalls Rosemarie, who landed two months before her husband Artemio and their two teenagers. "Luckily I was prepared and I contacted old friends who helped a lot." In fact, a high school classmate referred her to the Scarborough dental clinic that provided her with Canadian work experience.

Finding Melinda Manlapaz from Scotiabank® was also a turning point, since Rosemarie had opened an account at another institution, but was unhappy with their indifferent service. "The other bank didn't explain anything properly. They just hand you the package and I could never reach them," notes Rosemarie. "In contrast, Melinda was very accommodating and she patiently answered our questions."

Rosemarie and Artemio were pleased with the ***Scotiabank StartRight*** package options, which includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

They also promptly signed up for *Scotia*® Registered Education Savings Plans (RESP)** for their children, who would soon incur post-secondary expenses.

While Melinda advised the Sia family on many long-term goals, she also helped them obtain the financing for their own home faster than Rosemarie imagined: "Our mortgage was approved in less than a week, and we are moving barely a year after we got here."

A lot has transpired in 12 months, but the Sia family continues to aim for new goals. Artemio is also building their investment portfolio with a *Scotia*® advisor. Meanwhile, Rosemarie may retrain as an orthodontist after she completes her dental certification.

The ***Scotiabank StartRight*** Program helps open doors to a new start, with simple product solutions to get you started and more comprehensive solutions to help at each stage of your life in Canada.

"Whatever challenge a newcomer faces, from planning your move to choosing a bank, be sure to speak to the right people and shop around," concludes Rosemarie. She adds that good advice can come from unexpected sources, like a high school friend or the crumpled pages of a waiting room magazine.

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Renee Omlas
Scotia® advisor

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Body recovered after man's fall from University Bridge

Drowning. Police deem alcohol a factor in the 20-year-old's death

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A 20-year-old man drowned after falling from the underside of the University Bridge early Sunday.

According to a release from the Saskatoon Police Service (SPS), officers received a call shortly after 4 a.m. indicating that someone had fallen off the bridge and into the South Saskatchewan River.

The SPS and the Saskatoon Fire and Protective Services (SFPS) responded and later determined that a group of young men had been crawling through the arches on the underside of the bridge when one man fell.

Another member of the group had gone into the water in an attempt to rescue the man but was unsuccessful.

Marc DeGirolamo, a battalion chief with the SFPS, was on the scene Sunday morning and said divers had been in the water for about five hours when they successfully recovered the body just down stream from the Broadway Bridge.

"It was a nice day and weather conditions were favourable, so there was no risk in that regard," said DeGirolamo. "The recovery went as well as we could have expected it to have gone."

He also said residents should not be on the underside of any of the city's river crossings.

"We'd like to make it clear that people shouldn't be climbing underneath any of these bridges — that's not a place for the public to be."

The SPS air-support unit was also on hand to assist and the body was recovered shortly after 9:30 a.m.

While no foul play is suspected in the death, police say alcohol is being considered a contributing factor.

A member of the Saskatoon Police Service can be seen behind police tape on Sunday morning. The force and the Saskatoon Fire and Protective Services were on the scene of a recovery mission near the Bridge after a 20-year-old man fell off the crossing's underside and drowned early Sunday. MORGAN MODJESKI/METRO

NDP fortunes may rest in Saskatchewan

New Democrat MPs are returning to their roots — literally.

They've chosen Saskatchewan — which gave birth to the party 52 years ago, and may yet hold the key to their hopes of forming government in two years — for their annual summer caucus retreat.

The two-day gathering in Saskatoon, which starts Tuesday, is ostensibly aimed at plotting strategy for the fall session of Parliament.

But it's equally about setting the stage for the 2015 election, in which Saskatchewan holds the promise of as many as five new seats for the NDP, thanks to a major redrawing of electoral boundaries in the province.

In the last four elections, with the province divvied up into 14 rural-urban hybrid ridings, the NDP won no seats despite winning a majority of the votes in urban areas; the Conservatives picked up 13, the Liberals one.

Quoted

"We will be winning seats, and quite a few of them, in Saskatchewan so it's important for us to show the flag, to be there." NDP Leader Tom Mulcair

The NDP stands to make big gains under redistribution, which has created wholly urban ridings in Regina and Saskatoon.

"There's no question that for us the new math that's been put in is definitely going to play out differently," NDP Leader Tom Mulcair said in an interview.

Mulcair's challenge for 2015 is to hang on to the gains the party made in Quebec in 2011 while adding seats elsewhere — no easy task, especially with the resurgent Liberals, under newly minted Leader Justin Trudeau. THE CANADIAN PRESS

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University set to punish two students over pro-rape chant

Saint Mary's. School says investigation may send yet more students to disciplinary hearing

ANDREW RANKIN
Metro in Halifax

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other students being punished.

"If the investigation warrants or something comes out of the hearing that warrants further action, the possibility of further action enhances," said Proctor.

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister … U is for underage, N is for no consent," the mob sings.

A date for the closed-door hearing has not been released. The disciplinary panel will consist of the school's disciplinary officer, a student representative and a student administrator.

The students' identities are not being released as per the university's confidentiality rules.

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

Any disciplinary measures will follow the school's policy for non-academic misconduct. The university also says it will take steps to educate students about the harm caused by such behaviour.

THE CANADIAN PRESS

River-chucked rubber ducks buck barrier, run amok

Organizers of the Great Manitoba Duck Race are still trying to track down stray rubber duckies after thousands got loose. COURTESY ASSINIBOINE PARK CONSERVANCY

Organizers of the Great Manitoba Duck Race need help getting their ducks in a row.

More than 13,000 little yellow rubber duckies were released onto the Assiniboine River Saturday as part of a fundraiser for the Assiniboine Park Conservancy (APC), but unfortunately a whole lot of those ducks didn't want to get out of the water once the race was done.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," explained Laura Curtis of the APC, estimating about 6,500 ducks got loose and continued their leisurely swim down the river.

"It was a windy day … and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks Saturday.

Stuck plucking

6,500

Organizers estimated about 6,500 rubber ducks got loose during the race, with roughly 500 remaining at large Saturday.

SHANE GIBSON/METRO IN WINNIPEG

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In this citizen-journalism image, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian Army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, on Sunday.
THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

'Common-sense test' points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama's top aide on Sunday pressed the case for "targeted, limited consequential action" to degrade the capabilities of Syrian President Bashar Assad to carry out chemical-weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

White House Chief of Staff Denis McDonough asserted that a "common-sense test" dictates that the Syrian government is responsible for a chemical-weapons attack that Obama says demands a U.S. response. But he said the Obama administration lacks "irrefutable, beyond-a-reasonable-doubt evidence" that lawmakers who will start voting on military action this week are seeking.

"This is not a court of law. And intelligence does not work that way," McDonough said, part of a five-network public- relations blitz on Sunday to build support for limited strikes against Assad.

"The common-sense test says he is responsible for this. He should be held to account," McDonough said of the Syrian leader who for two years has resisted calls to step down.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.
THE ASSOCIATED PRESS

Quoted

"This is not a court of law. And intelligence does not work that way."

Denis McDonough, White House chief of staff, on the irrefutable evidence the Obama administration lacks showing the Syrian government was responsible for chemical attacks on its people.

Search authority

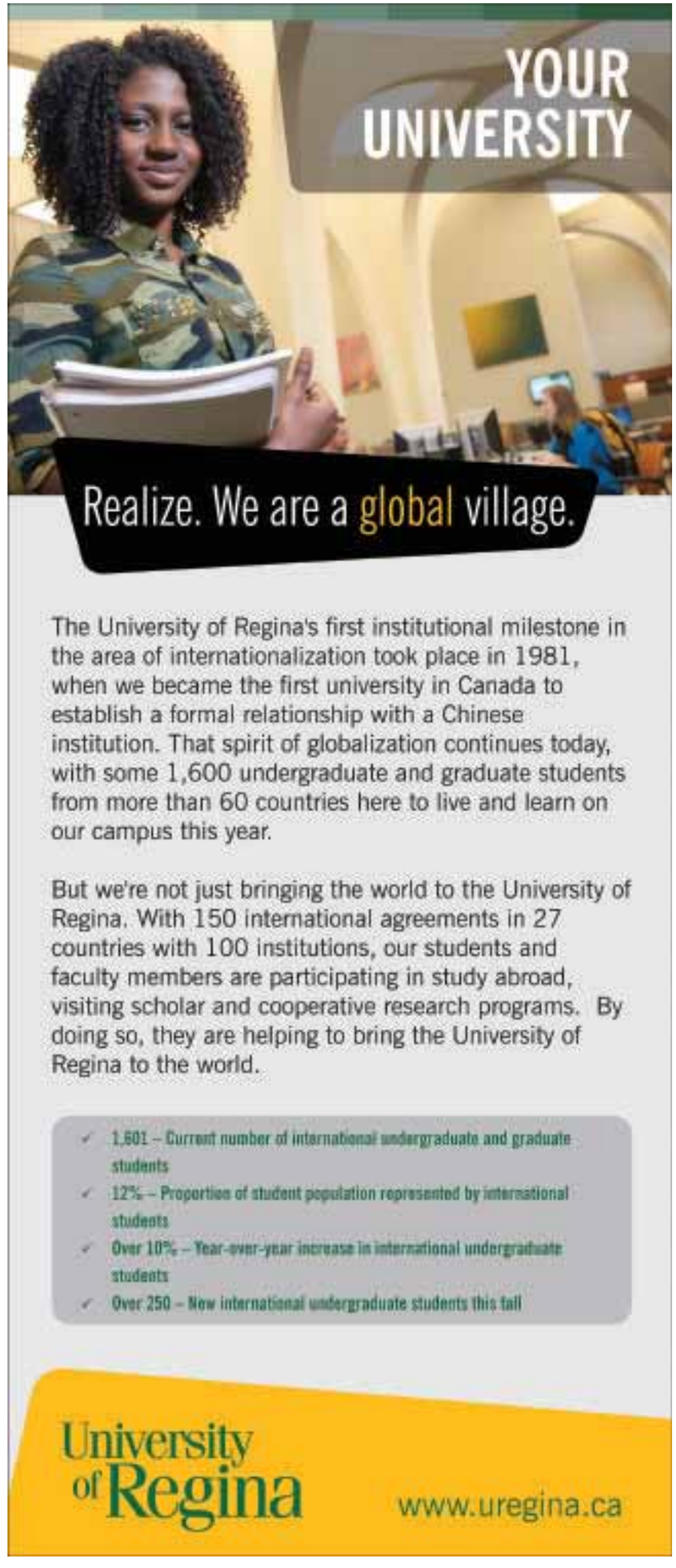
Surveillance-court ruling allowed NSA search of domestic email, says report

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans' communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government's request. The court also extended the length of time the NSA is allowed to retain intercepted communications from five to six years.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA's authority in significant ways without public debate or any specific authority from Congress. The newspaper cited interviews with government officials and documents that include a recently released 2011 opinion by U.S. District Judge John D. Bates, then chief judge of the Foreign Intelligence Surveillance Court.

The court decision allowed the NSA "to query the vast majority" of its communications databases using the email addresses and phone numbers of Americans and legal residents without a warrant, according to Bates' opinion. THE ASSOCIATED PRESS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Over 250 – New international undergraduate students this fall
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Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoiniacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says Johnson. "It's reassuring."

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoiniacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December and although their locations are not yet certain, Bitcoiniacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoiniacs.

Bitcoins are mathematically generated through a series of commands executed by computers in a peer-to-peer network. The process is called Bitcoin "mining" and is set up so the total number of Bitcoins that can ever be generated is limited to about 21 million.

THE CANADIAN PRESS

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall.
COURTESY ROBOCOIN

Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Canadian gold mine kicks up controversy in Romania

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. But opponents say it will present an environmental risk.

In the Romanian capital, thousands of people protesting against the mine shouted "Save Rosia Montana," referring to the town where it would be located and where gold has been mined for more than 2,000 years.

The anti-mine protesters in Bucharest's University Square urged lawmakers not to pass legislation that would approve the mine as a "special national interest" creating foreign investment and jobs in the deprived area. They later blocked a main road in the city.

THE ASSOCIATED PRESS

Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine.
THE ASSOCIATED PRESS

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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FACTORING IN THE FALL SEASON

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

I consider September to be the real New Year — the fresh start to another cycle.

Perhaps it's the years of school. Not that we got new supplies every year — most of the time we just reused old ones aside from things like loose-leaf — but it's the change in the air, the crispness at night after the long, hot blast of summer, the reminder that soon the winter of our discontent will be upon us. People return to the city, students return to (or begin) school, businesses clear out their old stock and prepare for the next quarter.

It's no coincidence that Saskatoon comes alive in September as well — we are a university town. By the time you read this, you will have gone to the Broadway Sidewalk Sale and the Better Block party/Drinklefest downtown after hearing Jason Roberts speak at Third Avenue United.

Each weekend in September is packed with things to do, even if you're not attending classes. The 20th is Park(ing) Day on 20th Street again, as well as Third Avenue Centre's last concert, Jan Lisecki. The Word on the Street literary festival is held outside city hall on the 22nd.

Each weekend has racing out at the Auto Clearing Motor Speedway, and soccer, hockey, cross-country and, of course, football are in full swing at the university. It feels like the whole city is doing Welcome Week, but for the entire month.

We know how to do autumn properly. I know — summer isn't technically over until the 22nd. But admit it — even you are thinking about putting on a sweater after 6 p.m. now.

What strikes me is that most of these events are outside: The Word on the Street festival, Park(ing) Day, sporting events, Drinklefest and the Sidewalk Sale in this month alone. Not to mention past events Taste of Saskatchewan, the jazz festival, the Fringe Festival, the show and shine. Even Folkfest has an aspect of people wandering around where cars usually go, but I don't think it's officially sanctioned.

Also, we have the unofficial bar fest every weekend on 2nd Avenue downtown, with the impromptu crawls generated by six or seven establishments in close proximity.

We really do like to get together in large numbers and mingle on the streets, even as the suburbs and exurbs fill up. Maybe we're not so antisocial after all.

The temperature drop at night reminds us that winter isn't far around the corner, with its attendant problems. But for now, we're going to put up some barricades and walk around and look at things because … we can.

And if you don't feel like walking around, well, there's always the Eagles concert.

There is something in the autumn air

It's no coincidence that Saskatoon comes alive in September as well — we are a university town.

ZOOM

Squeak my ride: Skater mice

TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic, and super cool — this mouse is from an elite sports-training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. METRO

Talking to a trainer

"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. THE ASSOCIATED PRESS

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara___: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

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WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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Hall ready to have a ball

Return to late night. Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows

It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of The Arsenio Hall Show (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine.

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's Tonight Show titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from Tonight host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted Star Search for a season. He co-starred on the CBS drama Martial Law for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!" THE ASSOCIATED PRESS

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on The Celebrity Apprentice early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

Review

Who: Rizzle Kicks

Where: iTunes Festival

When: Friday, Sept. 6

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop out there when taking in Rizzle Kicks' iTunes Festival performance. Nor does the Brighton U.K. duo have the illest lyrics: "Hashtag trends/we make people clap clap clap."

They started off weak, encouraging the audience to, "Jive jive jive," but it was almost like they couldn't quite believe their own commands. Things picked up once they got to the ska-influenced Wind Up, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's seat (which would be at my computer. In Toronto.) The best part was the finale when they busted out the big brass for Down with the Trumpets. Overall they showed themselves to be a couple of affable lads, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

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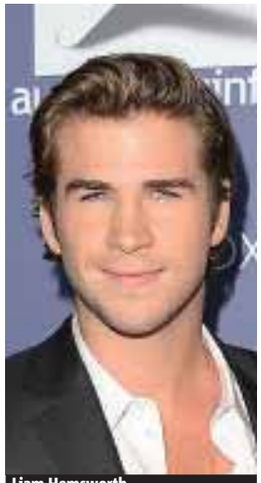


Liam Hemsworth.
1ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."

Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who gave this kid a Kar(dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a $110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.

Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMYMUMMYCLUB.CA**

Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores on Sept. 10.

Here comes the airplane ... or not

Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of The Division of Responsibility of Feeding, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

The whether and how much

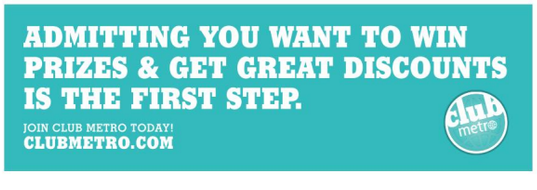
It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they certainly do.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD



LIFE 3

Literature to chill out your children

Rest and repeat.
New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON BOWEN
Metro World News

Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. Imagine Me with the Three Owls encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

Simple belly breathing exercise
An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Continue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body
Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from Imagine Me with the Three Owls in a slow, steady voice.

Imagine a special place
Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime.

Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings
When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

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Grill into fall with Mexicali Beef Steak

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa.

Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

This recipe makes four servings. COURTESY THE CANADIAN PRESS

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand for 5 minutes.

3. Serve steak by carving into thin slices across the grain. THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning. We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

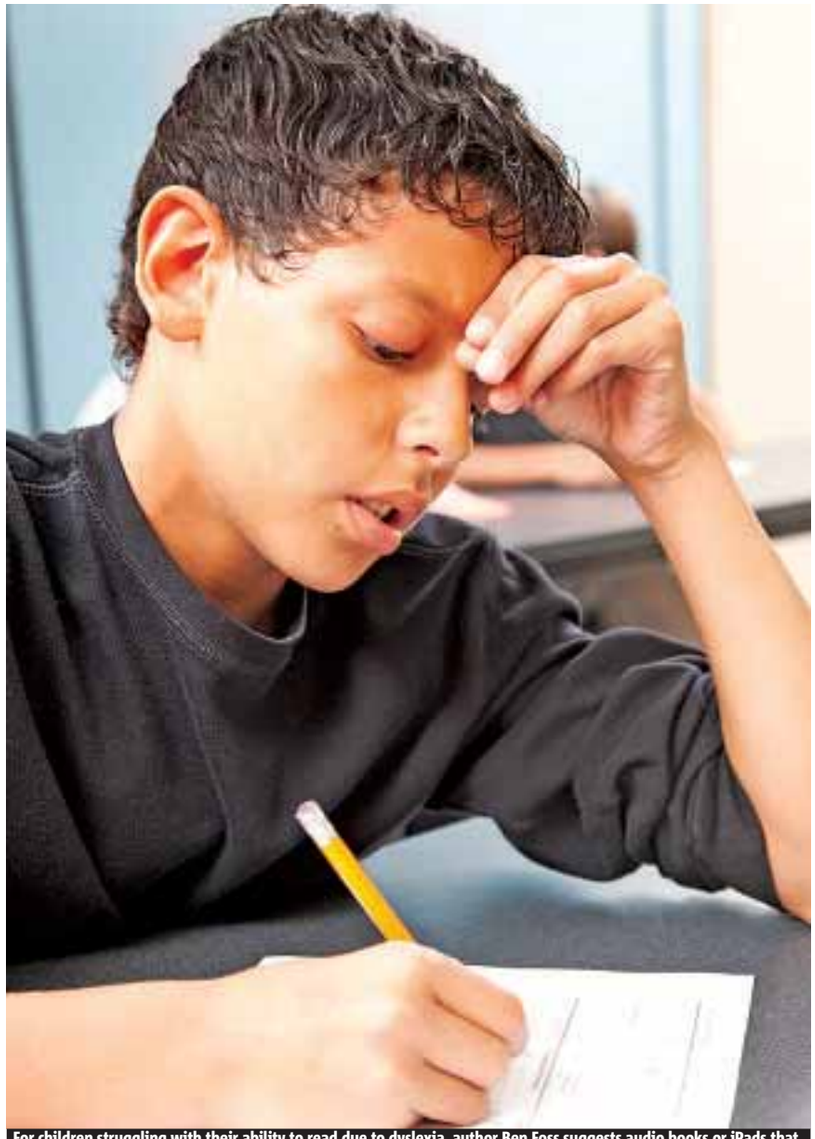
"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order. "You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire. I don't suffer from being from New Hampshire. I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way."

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."
- **Get the facts.** "Learn what dyslexia is, learn the background, explain it to your child and then teach your child how to explain because they're going to run into people all day at school who have questions for them," says Foss.



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

Stars with dyslexia

Steven Spielberg

Richard Branson

Cher

Whoopi Goldberg

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Regina receiver Mitch Thompson rushes upfield on a first-quarter drive against the Saskatoon Hilltops at Gordie Howe Bowl in Canadian Junior Football League action Saturday night. SIMON HIATT/FOR METRO

Thunder rise above Hilltops in Saskatoon

Football. Late surge gives Regina win over cross-province rivals

SIMON HIATT
regina@metronews.ca

The Saskatoon Hilltops dodged the forecast rain on Saturday night but in the end they were done in by the Thunder as Regina came away with an impressive 29-28 comeback victory.

Regina took advantage of a first quarter Hilltops turnover deep in their own territory, leading to a Justin Banin touchdown plunge and an early 7-0 lead.

The first quarter ended in similar fashion as Chris Tunnicliffe picked off Hilltop quarterback Jared Andreychuk, once again giving Regina the ball in Saskatoon territory, setting up a field goal.

Saskatoon got on the board midway through the second as Graham Unruh made a juggling catch on Matt Karpinka's pass into the corner of the end zone to cut the lead to three.

Another Hilltops mistake opened the door for the Thunder as a fumbled punt set Regina up for another field goal and a 13-10 halftime lead.

Hilltops quarterback Matt Karpinka found John Trumpy for a 22-yard touchdown early in the second half. The teams then traded field goals to make it 20-16 Saskatoon after three.

The Thunder conceded a fourth-quarter safety to give Saskatoon a six point lead. Then Saskatoon running back Andre Lalonde broke several tackles for a 48-yard run leading to a Coleman Young touchdown reception.

Regina quarterback Asher Hastings hit Mitchell Thompson for a touchdown late in the fourth which cut the lead to six following a missed extra point.

With time winding down Hilltops coach Tom Sargeant elected to go for it on third and one, deep in Saskatoon territory, which would prove to be a costly decision as the Regina defence stopped the attempt and Hastings hit Will Heward for the game-winning touchdown.

"It's a big win any time you can beat the Hilltops; they're such a storied franchise and a great team and a great coaching staff and we're just going to try to grow off of this," Thunder coach Scott MacAulay said following the game.

Football

Kicker leads Huskies to victory

The University of Saskatchewan Huskies football team can thank their kicker for keeping them undefeated this weekend against the University of Manitoba.

Huskies kicker, Denton Kolodzinski, managed to hit a 40-yard field goal with 18 seconds left in the game to seal the deal on a 36-34 win over the Bisons on Saturday night in Winnipeg.

After Kolodzinski kicked a 37-yard field goal to push the U of S's lead to 33-27 with less than ten minutes left in the game, the Bisons stormed down on a four play, 75-yard touchdown drive to take a 34-33 lead.

The Huskies (2-0) drove the length of the field on the next possession, but were stopped on the goal-line with the ball was overturned on downs.

With just over a minute left on the clock, Saskatchewan regained the ball after a punt to Manitoba's 30-yard line and Kolodzinski finished the short drive with a 40-yard field goal for the final score of 36-34.

Next, the Huskies play fifth ranked Calgary Dinos at McMahon Stadium in Calgary on Saturday.

MORGAN MODJESKI/METRO

Tennis

Williams wins again at U.S. Open

Top-seeded Serena Williams won her fifth U.S. Open championship and 17th Grand Slam title overall by beating No. 2 Victoria Azarenka 7-5, 6-7 (6), 6-1 in a windy final. Williams also beat Azarenka in three sets in last year's final.

THE ASSOCIATED PRESS

49ers prove gritty vs. Packers

Frank Gore scored the go-ahead touchdown in the 49ers' season-opening win on Sunday. GETTY IMAGES

Colin Kaepernick rarely utters anything pointed or emotionally charged.

He offered a clear message to Clay Matthews and the Packers' defence after delivering Green Bay another beating: "If intimidation is your game plan, I hope you have a better one."

Kaepernick took a late, out-of-bounds hit from Matthews in the second quarter and showed no signs of slowing down, throwing for a career-high 412 yards and three touchdowns, with 13 completions to Anquan Boldin in San Francisco's season-opening 34-28 win Sunday.

Boldin's sensational San Francisco debut helped keep his team on quite a roll in what has evolved into a fierce NFC rivalry. And Vernon Davis did his part in a prolific passing game led by Kaepernick.

From Super Bowl champion Baltimore to contender again with another coach named Harbaugh, Boldin was unstoppable. He finished with 208 yards receiving and a 10-yard touchdown.

Davis made a pair of TD catches for the NFC champion Niners.

Boldin sure showed he is a reliable replacement for injured Michael Crabtree.

"We knew they were going to come in ready to play after what happened in the playoffs," Boldin said. "We had to come out and match their intensity."

Frank Gore scored a go-ahead, one-yard touchdown with 5:47 remaining as the 49ers made it three straight against Aaron Rodgers and Co.

THE ASSOCIATED PRESS

Week 1

- **Saints 23, Falcons 17.** Drew Brees passed for 357 yards and two scores and his New Orleans Saints held on to top Atlanta.
- **Bears 24, Bengals 21.** Jay Cutler passed to Brandon Marshall for the go-ahead TD in the fourth, giving Marc Trestman a victory in his Chicago debut.
- **Colts 21, Raiders 17.** Andrew Luck ran 19 yards for the winning TD, giving Indy its first opening-day win since 2009.

Horoscopes

♈ Aries
March 21 - April 20
You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus
April 21 - May 21
You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini
May 22 - June 21
Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer
June 22 - July 23
You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo
July 24 - Aug. 23
Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo
Aug. 24 - Sept. 23
You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra
Sept. 24 - Oct. 23
As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius
Nov. 23 - Dec. 21
Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

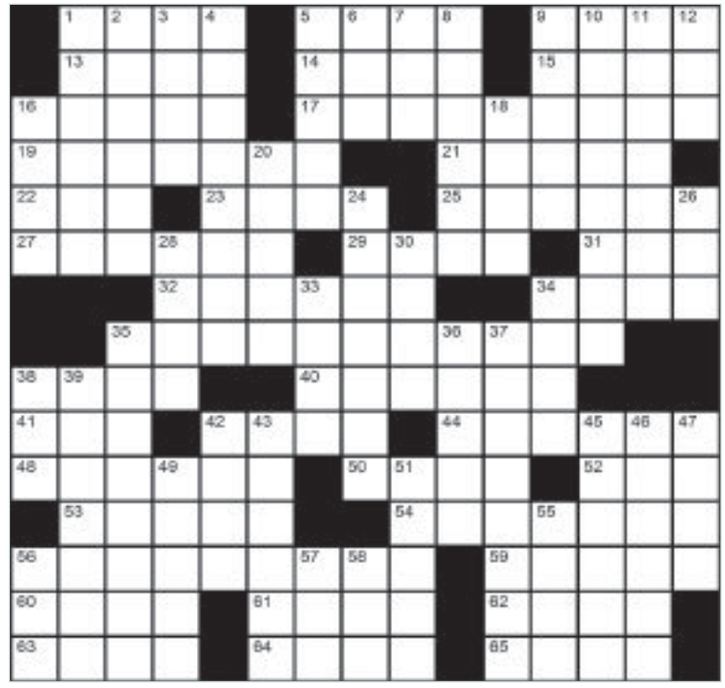
♑ Capricorn
Dec. 22 - Jan. 20
Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

♒ Aquarius
Jan. 21 - Feb. 19
Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces
Feb. 20 - March 20
Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. SALLY BROMPTON

Crossword: Canada Across and Down

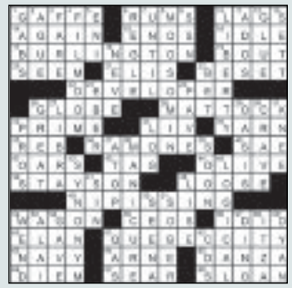
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Irish actor Mr. Townsend, et al.
5. Gym bag item
9. Elbe tributary
13. Alphabetic sequence
14. Thomas Edison's middle name
15. Whirl
16. Loup-__ (Werewolf, in French)
17. Simulated combat game to 'dye' for
19. "On My Own" singer in Les Miserables
21. "__ _ say more?"
22. How non-prescription meds are sold [acronym]
23. Carpentry tool
25. Friend from way back: 2 wds.
27. Mini racing vehicle
29. Pots
31. 'Benedict' suffix
32. Theatre: Spanish
34. Preposition
35. 2014 Spring __ (What designers are showcasing at New York Fashion Week)
38. Greyish
40. Street for Big Bird
41. Margaret of laughs
42. Montreal-born humourist Mort
44. Watered the plants with a light spray
48. It separates Haida Gwaii and mainland BC, __ Strait
50. Scientific spots
52. Lennon's love
53. "__ Gantry" (1960)
54. Gist
56. Furnishings
59. Thoughts
60. Travel by __ (Choo! Choo!)
61. Bubbly chocolate bar
62. Load
63. About, on a company memo: 2 wds.
64. Throw for a __ (Astonish)
65. Scruff

Down
1. Awake or become focused: 2 wds.
2. "For Those About __ __ (We Salute You)" by AC/DC
3. Knowledgeable about: 2 wds.
4. Tree-climbing critter
5. Records
6. _ __ mode
7. Nero's 56
8. Artillery gun on wheels
9. Spherical
10. "Don't It Make Ya Feel" band from Vancouver
11. Dependent
12. Annex
16. Subj. with maps
18. Business contact nos.
20. Birth-related
24. Range in British Columbia, __ Mountains
26. Mr. DiCaprio, to pals
28. This Is Not _ __ (Label warning)
30. Goes bad, as food
33. Musician/radio personality John
34. Loonies
35. Canadian Hip-Hop star
36. Poetic feet
37. Something neglected to be done
38. "Oh!" in Germany
39. Taylor Swift's duet partner on "Everything Has Changed", Ed __
42. Footprint
43. Of the air
45. Get in shape: 2 wds.
46. Cover
47. John and Jane
49. Plentiful
51. He's simply fabulist!
55. John Diefenbaker's first wife
56. Prefix to 'angle'
57. Keanu's 'Matrix' role
58. Miracle-__ (Gardening product)

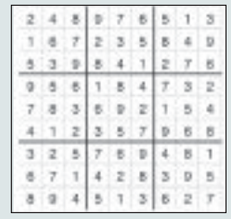
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



			4	7				1
2		4		1		3		
					9			6
	3	1	8	9		7		
		9				1		
		7		5	4	9	8	
8			5					
		2		3		6		4
1				2	6			

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